

Hamstring Stretch Supine

9.1.1

Lie on your back. Place your hands or a towel behind one leg. Straighten the knee until a comfortable stretch is felt in the back of the thigh. Repeat for the right and left side.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3

Hamstring Stretch Long Sitting

9.1.2

Sit on the edge of a bed, couch, or sitting on a chair with the leg propped on another chair. Place your hands on your hips or behind your back. Lean forward, keeping the back straight.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3

Hamstring Stretch In Doorway

9.1.3

Lie on your back in a doorway. Place the leg you are trying to stretch up on the wall with the knee straight. The other leg will remain on the floor so that it extends through the doorway. A comfortable stretch should be felt in the back of the thigh. To increase the intensity of the stretch slide closer to the wall while still keeping the knee straight.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3

Knee To Opposite Shoulder Stretch

9.1.4

Lie on your back with the knees bent. Cross the right leg so the right ankle is on top of the left knee. Pull the right knee toward the opposite shoulder. A stretch should be felt in the right buttocks/hip. Repeat this exercise for the left side.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3

Piriformis Stretch - Figure 4

9.1.5

Lie on your back with the knees bent up. Cross the right leg so the ankle is resting on top of the left knee. Pull the left knee toward the chest by interlacing your hands behind the left knee. A stretch should be felt in the right buttocks/hip. Repeat this exercise for the left side.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3

Sitting Figure Four

9.1.6

While sitting, cross the right leg by placing the ankle on top of the left knee. Maintaining the erect posture and lean forward leading with your chest. Repeat left side.



Hold: 10-20 secs
Repeat: 5-10
Times per day: 2-3